

# PINEAPPLE

## CANNED

for use in the USDA Household  
Commodity Food Distribution Programs

9/27/02

### Product Description

- **Canned Pineapple** is U.S. Grade B or better, and is available in sliced, crushed, and chunk varieties.
- Pineapple is packed in juice or light syrup (The label will state the packing medium). Sugar or similar sweetener may be added.

### Pack/Yield

Pineapple is packed in a No. 2 can, which contains about 2 cups drained pineapple, or 4.5 half-cup servings of fruit and juice.

### Storage

- Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten shelf life and speed deterioration.
- Store opened pineapple in a nonmetallic container and refrigerate. Use within 5 days.

### Uses and Tips

- Canned pineapple is a delicious dessert served directly from the can.
- Pineapple is great with ham or chicken, and can be added to stir-fries, fruit salads, green salads, breads, smoothies, and desserts.
- Serve pineapple with reduced-fat cottage cheese for a quick and nutritious snack.
- The juice from canned pineapple can be drained and thickened with flour or cornstarch to make a fruit sauce for ice cream or pancakes.



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- Use the drained juice as a tropical marinade for chicken. Be sure to discard juice after marinating.
- Substitute canned pineapple juice for part of the liquid when making gelatin desserts.

### Nutrition Information

- **Pineapple** is a good source of vitamin C.
- ½ cup of pineapple provides 1 serving from the **FRUIT GROUP** of the **Food Guide Pyramid**.

*(See recipes on reverse side)*

<b>Nutrition Facts</b>			
Serving size ½ cup (126g) pineapple chunks, tidbits or slices in light syrup			
<b>Amount Per Serving</b>			
<b>Calories</b>	65	<b>Fat Cal</b>	0
<b>% Daily Value*</b>			
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	0mg		<b>0%</b>
<b>Total Carbohydrate</b>	17g		<b>6%</b>
Dietary Fiber	1g		<b>4%</b>
<b>Protein</b>	0g		<b>0%</b>
Vitamin A	0%	Vitamin C	15%
Calcium	2%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet.			

## Pineapple Salsa

- 1 (20-ounce) can crushed or diced pineapple, drained
- 2 tablespoons lime juice
- 1 small red bell pepper, chopped (½ cup)
- 1 small red onion, finely chopped (¼ cup)
- 1 small jalapeño, seeded and finely chopped (½ teaspoon), optional
- 2 tablespoons chopped fresh cilantro (optional)

1. Mix all ingredients in a glass or plastic bowl.
2. Cover and refrigerate at least 1 hour to blend flavors.
3. Serve with grilled meat, poultry, fish, or tortilla chips.

**Makes 8 (⅓-cup) servings**

*Recipe provided by Betty Crocker*

### Nutrition Information for each serving of Pineapple Salsa:

Calories	40	Cholesterol	0 mg	Sugar	1 g	Calcium	13 mg
Calories from Fat	0	Sodium	0 mg	Protein	1 g	Iron	0 mg
Total Fat	0 g	Total Carbohydrate	10 g	Vitamin A	9 RE		
Saturated Fat	0 g	Dietary Fiber	1 g	Vitamin C	19 mg		

## Carrot Salad

- 3 cups carrots, cut into long, thin strips
- 1 (20-ounce) can pineapple tidbits, drained
- 1 cup miniature marshmallows
- ½ cup raisins
- ½ cup celery, diced (optional)
- 2/3 cup creamy salad dressing
- 2 teaspoons white sugar

1. In a large bowl, toss together the carrots, pineapple, marshmallows, raisins, and celery.
2. Whisk together the salad dressing and sugar; pour over the salad and toss. Chill for at least 12 hours.

**Makes 7 servings**

*Recipe provided by allrecipes.com*

### Nutrition Information for each serving of Carrot Salad:

Calories	180	Cholesterol	5 mg	Sugar	28 g	Calcium	40 mg
Calories from Fat	70	Sodium	200 mg	Protein	2 g	Iron	2 mg
Total Fat	8 g	Total Carbohydrate	40 g	Vitamin A	4460 RE		
Saturated Fat	1 g	Dietary Fiber	3 g	Vitamin C	13 mg		

## Aloha Coleslaw

- 1 medium head green cabbage, thinly sliced
- 1 large carrot, shredded
- 1 (20-ounce) can pineapple, drained
- 1 cup mayonnaise
- 1 teaspoon salt

In a large bowl, stir together cabbage, carrot, pineapple, mayonnaise, and salt and let chill for at least an hour before serving.

**Makes 8 servings**

*Recipe provided by allrecipes.com*

### Nutrition Information for each serving of Aloha Coleslaw:

Calories	250	Cholesterol	8 mg	Sugar	18 g	Calcium	80 mg
Calories from Fat	70	Sodium	240 mg	Protein	3 g	Iron	1 mg
Total Fat	10 g	Total Carbohydrate	23 g	Vitamin A	710 RE		
Saturated Fat	1.5 g	Dietary Fiber	4 g	Vitamin C	80 mg		

**These recipes, presented to you by USDA, have not been tested or standardized.**

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